

ROASTED THANKSGIVING

Turkey



INGREDIENTS

- Whole turkey (16-20 lbs.)
- 1 gallon orange juice
- 1 gallon water
- 1 cup lemon juice
- 2 cup salt
- 3 sprigs fresh rosemary
- 1 lb. salted butter
- 1/4 cup fresh thyme chopped

INSTRUCTIONS

1. Thaw turkey in refrigerator. Allow at least 24 hours of thawing for every 4-5 lbs. of turkey.
2. After turkey is thawed, remove the neck and liver from the cavity.
3. Combine orange juice, water, lemon juice, salt, and fresh rosemary in a pot and bring to a boil, then remove from heat.
4. Let the liquid come to room temperature, then pour over the turkey in a large container. Brine the turkey over night in the refrigerator.
5. Remove turkey from brine. Drain well and pat dry.
6. Preheat oven to 400°F.
7. In a small bowl, mix together softened butter and chopped fresh thyme.
8. Place butter mixture under the skin and on top of both breasts.
9. Roast in a 400°F oven for 20 minutes.
10. After 20 minutes, lower the oven temperature to 300°F. Continue to cook until internal temperature reaches 165°F.
11. Let rest for a half hour, then carve.

Serving Size: 5 oz. Yield: 20 lbs.

NUTRIENT ANALYSIS PER SERVING

184 calories, 14.2g total fat (5.5g saturated fat),
75mg cholesterol, 182mg sodium, 3.8g carbohydrate,
0.1g dietary fiber, 2.6g total sugars, 9.7g protein.